
70% Water

How Much Water Should I Drink?

In your life, somebody may have told you that 8 glasses of water per day is what you should be aiming for. This is false— to an extent. The amount of water you should drink depends on various factors including: age, gender, activity level, metabolism, location, and weight. Instead of counting the amount of water you drink, it's better to watch out for symptoms of dehydration and act accordingly.

How Common is Regular Dehydration?

Mild dehydration is common, and has very few symptoms. The most common of which, is the feeling of 'thirst'. It only takes a loss of 1% to 2% of your body's ideal water content to cause dehydration, and by the time we start feeling thirsty, we're already mildly dehydrated.

How Dangerous is Severe Dehydration?

As dehydration becomes worse, more symptoms start to arise. Some of which can be extremely uncomfortable, such as diarrhea, vomiting, or in more severe cases, hypovolemic shock. Eventually, this will lead to death.

Are there any medical Conditions Which Make it Worse?

Dehydration can occur much more frequently if you have: cholera, gastroenteritis, bulimia, or an addisonian crisis. Also, excessive use of diuretics (A.K.A "water pills") can dehydrate you due to the fact that they increase the rate and volume of urination, which makes it easier to lose not only water, but also valuable electrolytes.



Does Every Beverage Hydrate Me Equally?

Though it may seem like all beverages would equally hydrate you, beverages containing alcohol or caffeine could actually do the opposite. They both cause an unquenchable thirst, similar to how diuretics work. Of course, this all depends on what the ratio of caffeine/alcohol to water content is. Tea and coffee are usually fine to drink, but they'll still be less effective than water. On the other hand, you should probably cut your intake of soft drinks altogether.



How Can I Tell if I'm Dehydrated?

The easiest way to tell if you're dehydrated is by the colour of your urine. As you grow older, your body becomes less efficient at being able to tell when you're thirsty. So, by checking to see how dark your urine is, it's easier to keep track of your water intake. When you're sufficiently hydrated, your urine should be a light pale colour. Usually, the darker it gets, the more dehydrated you are (though certain foods can change the colour as well).



Should I Carry Around a Water Bottle Then?

When you're on the road, you should always keep a metal or glass bottle with you. This makes it easy to refill when you're thirsty, and also saves you from having to buy bottled water. Plastic water bottles often contain dangerous chemicals that may leech into your drinking water. One of these chemicals, bisphenol A, is banned in both Canada and Japan, but not in the United States. It's been linked to potential complications in pregnancy, due to the fact that it acts as a faux-estrogen, as well as higher rates of cardiovascular disease. Plastic water bottles are also often made of polyethylene terephthalate, which has been known to advance the exposure of bacterial contamination when reused.

